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NEWS WORTH SHARING.

Pandemonium ends in arrest

Suspect accused of crashing cars, stabbings, carjacking, robbery over 5 hours PAGE 4

What, are you loco, Camilo?

Whitecaps prez calls pic of Camilo Sanvezzo in Mexican club kit 'unacceptable' PAGE 21

Sharper security for Harper?

Close encounter. RCMP reviewing breach after protesters get cosy with prime minister at Q&A

EMILY JACKSON
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A climate-change protester crashes the stage during an event hosted by Prime Minister Stephen Harper in Vancouver. JONATHAN HAYWARD/THE CANADIAN PRESS

Protesters dressed as waiters breached high-level security to share the stage with Prime Minister Stephen Harper as he prepared to talk pipelines to a Vancouver business crowd on Monday.

"It was pretty simple," said Shireen Soofi, one of two demonstrators who silently made their way onstage beside Harper, carrying signs reading "Climate justice now" and "The Conservatives take climate change seriously" before getting the boot from the Vancouver Board of Trade event at the Fairmont Pacific Rim.

"We just dressed in black and walked into the room and walked onstage," Soofi said. "We had on aprons that we got at Value Village, but it wasn't really a costume."

Their goal was to "send a message to Harper that he couldn't ignore," she said, adding that thousands oppose his policies on the fossil-fuel industry and climate change.

It was surprising to see the protesters get so close to the prime minister — considering a bomb-sniffing dog checked journalists' bags and cameras before they were allowed access to the question-and-answer session between Harper and board CEO Iain Black.

The RCMP division responsible for the prime minister's security is taking the breach "very seriously," spokeswoman Cpl. Lucy Shorey said. "We're currently reviewing the details of the incident.... We'll determine what actions need to be taken."

No charges have been laid.

But Harper himself joked after the incident that "it wouldn't be B.C. without it," with Black calling it a "warm British Columbia welcome."

Pipelines were the predominant focus of the Q&A, which also touched on Canada's new trade agreement (in principle) with the European Union, Harper's optimistic outlook on the economy and his book on hockey history.

It's in Canada's best interest to sell energy to Asian markets, but "the government's role is not to endorse particular pipelines," Harper said regarding the Enbridge Northern Gateway project from Alberta to Kitimat.

The National Energy Board approved the controversial pipeline, so long as it meets 209 conditions. But the project faces significant opposition from residents, environmental advocates and First Nations along its route.

Harper sees this as a chance for First Nations to make progress on social issues by accepting the cash that goes along with industry.

"This is an unprecedented opportunity for aboriginal communities to join the mainstream economy," he said.

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Online editor alleges police stomped him unconscious

Gastown. VPD says it was investigating a report of a domestic incident, but man says officers barged into his apartment uninvited

KATE WEBB
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Gastown Gazette editor Andy Patton alleges he was beaten up by Vancouver police on Jan. 1. COURTESY KIM PATTON/GASTOWN GAZETTE

The editor of a Gastown online magazine alleges three Vancouver police officers entered his home without cause early on New Year's Day and stomped him unconscious, but police say they were responding to a call of a domestic dispute.

Andy Patton, who co-founded the Gastown Gazette with his wife, Kim, in 2012, published an 1,100-word account on Sunday of the incident, which contrasts greatly with the VPD's version of an incident matching the location and time frame.

VPD spokesman Sgt. Randy Fincham said the only significant incident in Gastown during the hours in question was a reported domestic dispute. On Monday, Patton had yet to be charged so police could not confirm if he is a suspect, but Fincham said when police arrived they were met at the door by a woman, who was alone in the apartment, and began to interview her.

A man then arrived and allegedly began "interfering with the investigation when police were speaking with this woman that they believed had been assaulted."

Fincham said the man became aggressive with police and was arrested.

"We are aware of the article that came out in the Gazette and was online and Twitter as well," said Fincham.

"I can't say this is specific to that case, or this is the case, but on Jan. 1 Vancouver police did attend an apartment in Gastown around 4:30 a.m., and that was in response to witnesses phoning in what they believed to be a domestic dispute, and they could hear a woman screaming."

Reached by phone on Monday, Patton denied any domestic dispute or abuse took place in his home that night.

"That's absolutely, no, and my wife was not screaming. We were sitting on the couch watching TV," he said. "There was no domestic incident."

Kim Patton backed her husband's version of events.

"It's horrible and it's just unfounded," she said. "I think it's just someone with a personal vendetta (calling police) that likes to cause drama."

In his blog post, Patton claimed that officers entered his home uninvited and one of them grabbed him by his throat after he repeatedly asked them to leave his apartment.

"The police officer then slammed my face onto the hard tile of my living-room floor. Immediately I fell into a state of shock, saw stars and witnessed a large black boot approach," he wrote.

"The foot pulled back, waited a moment in hesitation and then stomped on my temple — hard. I blacked out."

He said he was taken to jail, released the next day, and told he is facing charges of resisting arrest and obstructing a police officer.

He said he was later diagnosed with a concussion.

Patton's allegations have not been proven.

Fincham said he could not comment on whether the man suspected of the domestic assault was kicked unconscious by an officer, but Patton can file a complaint if he believes he was mistreated.

Patton said he has filed a complaint with the Office of the Police Complaint Commissioner.

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'One less voice'. Kamloops Daily News slated to close

The Kamloops Daily News is shutting down after 80 years in print.

The announcement was made Monday and the paper will be shutting down in the next 60 days. Owner Glacier Media blamed economic reasons for the closure.

"Personally I am very saddened to make this announcement," said publisher Tim Shoults in a statement. "Unfortunately the realities of our industry, our local advertising market and our labour situation were too great for us to overcome."

About 55 employees will be affected. Shoults said counselling will be available for those who need it.

Alan Bass, a journalism professor at Kamloops' Thompson Rivers University, said he has friends and former students who work at the paper. He is saddened there "is one less voice" for Kamloops but doesn't find the news shocking.

Quoted

"It's a significant loss in terms of the information the community gets."

Shawn Thompson, assistant professor at Thompson Rivers University

"Well, it's very sad. Not entirely surprising. For a city of this size to sustain two newspapers was probably asking a bit much for the local economy," said Bass.

"They've been losing circulation for a while, their advertising content was declining. And publishing a daily newspaper, they need a certain level of staff. They outsourced printing a few years ago and it was pretty clear that they were in trouble, quite frankly."

In 2011, the Daily News distributed 12,200 paid copies in Kamloops and surrounding areas.

SINDHU DHARMARAJAH/FOR METRO

Crime. Man charged in deaths of three women

A Surrey man has been arrested and charged in connection to three 2013 deaths, homicide investigators announced Monday.

Sarbjit Bains, 32, has been charged with two counts of first-degree murder, one count of second-degree murder and an additional count of indignity to human remains in the deaths of Amritpal Saran in Surrey and Jill Lyons and Karen Nabors in New Westminster.

A 36-year-old Surrey woman, Evelina Urbaniak, has also been charged with accessory after the fact to murder and indignity to human remains.

Both Bains and Urbaniak attended court Monday for their first appearances.

Saran was found dead in the 12100 block of Colebrook Road in Surrey on Feb. 24.

Lyons and Nabors, both escorts, were found dead in the same apartment at a New Westminster complex, in the 200 block of 11th Street, within two weeks in August.

The deaths were first considered not suspicious until toxicology reports showed that both women were the victims of foul play.

MATT KIELTYKA/METRO

Backcountry

Skiers to the rescue after avalanche

Police in Sparwood say an Alberta man can thank his fellow skiers for quickly digging him out from under a wall of snow.

The Lethbridge man was among a group of five skiers in the backcountry Sunday near the Coal Mountain Teck mine in southeastern B.C. when they triggered an avalanche.

The man was taken to the nearby hospital in Fernie and is expected to make a full recovery.

THE CANADIAN PRESS

B.C. Supreme Court

Another trial delay after boat crash

There is yet another delay in the already slow pace of legal proceedings against a man charged in a fatal boat crash on Shuswap Lake more than three years ago.

The criminal negligence trial of Leon Reinbrecht was slated to begin this week in B.C. Supreme Court.

Instead, a change of counsel is underway and lawyer Ken Walker, who was representing Reinbrecht, estimates it could stall the trial for another month. THE CANADIAN PRESS

A 30-year-old suspected of going on a violent crime spree on Sunday is led away in handcuffs by Surrey RCMP. SHANE MACKICHAN/FOR METRO

Arrest made after violent rampage

Mayhem. Suspect accused of robbery, carjacking, assault across Lower Mainland

Several people had to be taken to hospital Sunday night after police say a man went on a violent five-hour crime spree spanning Richmond, Vancouver and Surrey.

A 30-year-old Delta man who is known to police was expected to be charged Monday afternoon.

Vancouver police spokesman Sgt. Randy Fincham says Richmond RCMP got a call around 6 p.m. Sunday of a crash on Highway 99. One of the drivers involved allegedly ran into a nearby home, stabbed someone inside and then stole a vehicle.

About an hour later, chaos broke out at Kingsway and Victoria Drive in Vancouver.

Police say a man visiting the TD Bank ATM was robbed, and after the suspect sped off with the cash, he crashed head-on with another car.

He then allegedly tried to carjack a vehicle with a family inside it. A man and woman in the front seat were slashed with a sharp weapon of some kind but two children in the backseat, ages 10 and 7, were uninjured.

Moments later, police say the suspect crossed the street to the Esso station, car-jacked another man and sped off in a Honda Civic down Kingsway toward Surrey.

Vancouver police put the alert out to other agencies and by 11 p.m. Surrey RCMP had found the stolen Civic.

The suspect was arrested in Surrey and taken to jail in Vancouver, where he was expected to appear in front of a judge on Monday.

"He is facing a host of charges in relation to all the incidents. All those charges have yet to be determined," said Fincham.

"The Surrey RCMP, the Richmond RCMP as well as the Vancouver police will be working together on the file. We will be working with provincial Crown counsel to determine if (the Crown) chooses to pursue all these matters under one large incident to streamline the process." KATE WEBB/METRO

Watchdog slammed for pipeline lobbying

The NDP is criticizing spy watchdog Chuck Strahl for registering to lobby on behalf of the Northern Gateway pipeline.

As the federally appointed chairman of the Security Intelligence Review Committee, Strahl helps keep an eye on the Canadian Security Intelligence Service.

In a statement, New Democrat House leader Nathan Cullen says it should be common sense that Strahl — someone on the federal payroll — should not lobby for a pipeline seeking federal government approval.

Strahl's Dec. 6 registration with the B.C. Office of the Registrar of Lobbyists says he intends to arrange a meeting between the pipeline body and B.C. Natural Gas Development Minister Rich Coleman.

Strahl, an MP from 1993 to 2011, served in several portfolios in Stephen Harper's cabinet, most recently as transport minister.

The review committee's last chairman, medical doctor Arthur Porter, resigned in November 2011 amid questions about his private business dealings.

Strahl did not immediately return phone calls Monday.

Regulators have conditionally approved Enbridge's proposed $8-billion Northern Gateway pipeline, which would see Alberta crude flow westward to Kitimat.

The federal government has not yet said whether it will allow the project to proceed.

THE CANADIAN PRESS

Brackendale bald eagle count soars

'Jumping for joy.' The numbers doubled over the 804 from last year to more than 1,600 at this year's count

SINDHU DHARMARAJAH
vancouver@metronews.ca

The volunteers for the 28th annual bald eagle count tallied a total of 1,617 birds late Sunday afternoon in Brackendale.

"We were jumping for joy," said the count organizer, Thor Froslev. "It was a gorgeous Sunday morning on the West Coast."

About 80 volunteers headed out in rafts and kayaks to cover the 40 kilometres distance to count the birds.

The numbers doubled over the 804 from last year, and they haven't been this high since 2007, when a total of 1,757 eagles were counted.

Froslev was concerned about the numbers prior to the count because of pollution and fish lice potentially affecting the chum salmon, the eagle's primary food during this time of the year.

The average count of birds in the area is about 1,000 and is usually a sightseeing opportunity for walkers on the dikes in the area outside of Squamish. Froslev says that this year's numbers "will be a huge boom in tourism" for the area.

The results will be sent to B.C. Wildlife Service.

Bald eagles in Brackendale during the 2008 eagle count. JEFF HODSON/METRO FILE

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A sightseer views the upper Jumbo Valley from a rock outcropping near the top of Glacier Dome. CONTRIBUTED

Jumbo ski resort violates First Nation rights: Lawyer

A pristine region in southeastern British Columbia known to the local First Nation as Qat'muk, the place where "grizzly bear spirits" gather, would be profoundly transformed if a $450-million year-round ski resort is built.

For that reason, lawyer Peter Grant, who is representing the Ktunaxa Nation, told a B.C. Supreme Court judge on Monday that the Jumbo Glacier Resort cannot be allowed to go ahead.

Quoted

"This is a place where we have to say no. This dispossession of the culture of the Ktunaxa has to stop here."

Lawyer Peter Grant, who is representing the Ktunaxa Nation

The B.C. government approved the project in March 2012, but the First Nation is asking the court to review the legislation, as it keeps in mind the band's spiritual connection to the land.

Grant said the province's decision violates the religious rights of a band that has already suffered years of cultural persecution through native residential schools.

Jumbo Glacier Resort has been more than two decades in the making and is expected to be North America's first year-round ski resort. It will be built in B.C.'s Purcell Mountains, about 55 kilometres outside of Invermere and 250 kilometres west of Calgary.

The resort's base area is expected to cover 110 hectares, where everything from hotels and condominiums to restaurants, gift shops and ski schools will be built. It is also expected to draw up to 800,000 visitors a year. Construction work on the resort began last summer, but it was halted briefly when protesters tried to block machinery from going up Farnham Glacier. THE CANADIAN PRESS

Toddler-slapper to serve eight months

'The most terrible day of my life.' Joe Rickey Hundley was on the way to take his son off life support

A federal judge on Monday sentenced a man who pleaded guilty to slapping a crying toddler on an Atlanta-bound flight to serve eight months in federal prison.

Joe Rickey Hundley was accused of using a racial slur to refer to the 19-month-old boy, who's black, and hitting him under the eye as the flight from Minneapolis descended to the Atlanta airport last February.

No excuse

"You cannot assault another individual, regardless of how sad or upset, or even how intoxicated or sick, you are."

U.S. Magistrate Judge Alan Baverman

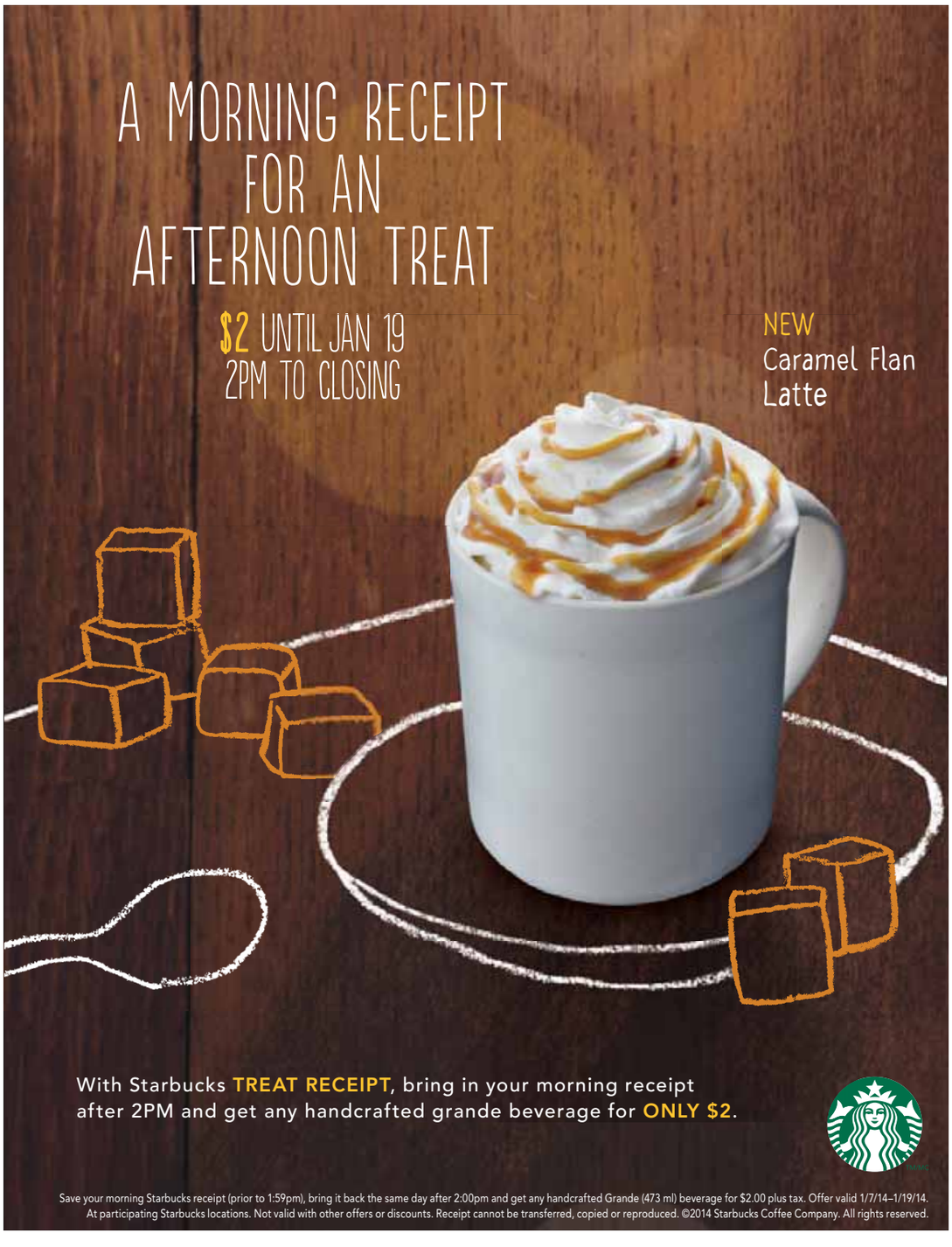
He pleaded guilty in October to simple assault after reaching a plea agreement with prosecutors.

Prosecutors had recommended a sentence of six months in prison, and Hundley reserved his right to argue for a lower sentence. U.S. Magistrate Judge Alan Baverman said he imposed a higher sentence in part because of Hundley's criminal history, which includes a prior assault.

Hundley's lawyer, Marcia Shein, objected to the deviation from the recommendation in the plea agreement and said after the hearing that she believes the sentence is disproportionate. Before he was sentenced, Hundley told the judge he took full responsibility for his actions and turned to apologize in person to Jessica Bennett, the toddler's mother, who was in the courtroom.

In addition to the prison sentence, Baverman ordered Hundley to pay Bennett restitution of $105 and to pay a fine of $2,500 to the government.

THE ASSOCIATED PRESS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Quest for symbol of health

A boy holds a cross as believers sing and dance in the icy waters of the river Tundzha to celebrate Epiphany day in the town of Kalofer, Bulgaria, on Monday. Traditionally, an Eastern Orthodox priest throws a cross in the river and it is believed that the one who retrieves it will be healthy through the year. VALENTINA PETROVA/THE ASSOCIATED PRESS

Post-traumatic

Mountie in medicinal pot dispute fit for trial

A New Brunswick Mountie who attracted national attention for complaining that he wasn't allowed to smoke medicinal marijuana for his post-traumatic stress disorder while in uniform has been deemed fit to stand trial on charges of assaulting two RCMP officers, the Crown and defence said Monday.

Cpl. Ron Francis, who faces two counts of assaulting police and one count of resisting arrest, was released from custody after he underwent a 30-day psychiatric assessment.

Francis was ordered to follow conditions including that he refrain from alcohol and non-prescription drugs, report to a local mental-health clinic and not possess firearms. He smiled and waved to family and friends as he appeared in Fredericton provincial court but did not speak to reporters when he left the courthouse.

THE ASSOCIATED PRESS

Dennis Rodman shakes hands with North Korea's sports vice-minister Son Kwang-ho upon his arrival at the international airport in Pyongyang on Monday. KIM KWANG HYON/THE ASSOCIATED PRESS

Happy birthday, glorious leader! Your pal, Dennis

North Korea. Ex-NBA players to square off against local team

Dennis Rodman said Monday that a game he and other former National Basketball Association players are planning in North Korea will be a "birthday present" for leader Kim Jong-un.

Rodman's squad, featuring ex-all-stars Kenny Anderson, Cliff Robinson and Vin Baker, will play against a team of North Koreans on Wednesday, which is believed to be Kim's birthday.

Rodman said he was glad to be in North Korea for the game, though he said he has gotten death threats for his repeated visits. He said proceeds from the game would go to a charity for the deaf in North Korea.

"The marshal is actually trying to change this country in a great way," Rodman said of Kim, using the leader's official title. "I think that people thought that this was a joke, and Dennis Rodman is just doing this because of fame and fortune." Instead, he said, he sees the game as a "birthday present" for Kim.

"Just to even have us here, it's an awesome feeling. I want these guys here to show the world, and speak about North Korea in a great light," he said.

THE ASSOCIATED PRESS

Pennsylvania. 'Jihad Jane' gets 10 years for plot against Swedish artist

A troubled Pennsylvania woman who called herself "Jihad Jane" online and plotted to kill a Swedish artist was sentenced Monday to 10 years in prison after telling a judge she had been consumed by thoughts of a Muslim holy war.

Colleen LaRose, 50, faced a potential life term. But Chief U.S. District Judge Petrese B. Tucker gave her credit for her guilty plea and her help in the indictment of two others.

Prosecutors asked for decades in prison, fearing she remains highly vulnerable to manipulation. But LaRose told the judge, "I don't want to be into jihad no more."

LaRose became obsessed with the cause after meeting a Muslim man on vacation in Amsterdam, when she was out one night after a fight with her boyfriend, her lawyer said. She pursued it online when she returned to her home in rural Pennsburg, Pa., where she cared for the boyfriend's elderly father at home nearly full time.

Colleen LaRose THE ASSOCIATED PRESS FILE

"That's all I would think about is jihad, jihad, jihad," LaRose said Monday, telling her story for the first time in court. "I was in a trance."

Prosecutors said LaRose sought excitement through her shadow life and was flattered to be told to kill a foe of Islam.

"He honoured me," LaRose said of her online handler in Pakistan. "I'm a sister. Sisters don't get these assignments. But later on, I realized that he may have taken advantage of me."

U.S. investigators say LaRose participated in a 2009 conspiracy to target artist Lars Vilks over his series of drawings depicting the Muslim prophet Muhammad as a dog.

THE ASSOCIATED PRESS

Central African Republic

Half of nation left homeless: UN

UN officials are warning the Security Council that Central African Republic is on the brink of a catastrophe, with half the population made homeless since ethnic warfare broke out.

The UN political affairs chief said Monday that about 2.2 million people, or half the country's total population, need assistance. Approximately half the people of Bangui have been driven from their homes, he said. THE ASSOCIATED PRESS

Burkina Faso

75 officials resign

Seventy-five officials have announced their resignation from the ruling party in Burkina Faso.

In a letter published over the weekend, the officials said democracy had "disappeared" from President Blaise Compaore's Congress for Democracy and Progress party.

THE ASSOCIATED PRESS

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One new way to catch a thief? Try social media

Theft of the Silver Plated Bowl. Alleged light-fingered dude could be in for humiliation via the Internet. Countdown!

DAVID INGRAM
For Metro in London, Ont.

Mike Manuel, owner of the London Music Hall in London, Ont., has taken to social media in hopes of recovering property he says was stolen during a party to ring in the new year.

A Jan. 3 post on the venue's Facebook page lays it all out: Return the item by 6 p.m. next Friday (Jan. 10) or "images" of those responsible will be displayed "using multiple media platforms," the post says.

The music hall has even created a faux Facebook event called "Catching the NYE Thief." It's set to start at the Friday deadline.

According to Manuel, at 12:53 a.m. during the New Years Eve Penthouse Party, a silver-plated bowl valued at $300 went missing.

After whispering back and forth, one person distracted a bartender while another, looking to be in his early 20s, slipped out with the item through an emergency exit, Manuel told Metro.

"It was planned. It wasn't spontaneous," he said Monday.

"They talked about it for about 10 minutes."

Manuel said he knows how it all went down because everything, and the faces of those believed to be responsible, can clearly be seen on footage taken from the 64 cameras inside the hall.

On Monday, a photo of one of the people alleged to have been involved — shown from the neck down standing next to the bowl in question — was posted on Facebook.

Manuel said he has spoken with police officers he knows. No charges have been pressed at this time, but he said he'll talk to authorities again if the property isn't returned by Friday.

"We feel we should give (the alleged thief) a chance. We don't want to ruin the guy's career and get him charged for something stupid he did," Manuel said.

"We are waiting for him to redeem himself and come back clean."

Hold on! Maybe not ...

London Music Hall owner Mike Manuel shouldn't be negotiating or — worse — threatening a suspect with public shaming should a missing serving bowl not be returned, said London police Const. Ken Steeves. There's a thin legal line of extortion involved when telling someone they must do something or face the consequences via a public shaming, Steeves told Metro. If Manuel is a victim of crime, he should contact police, Steeves said.
SCOTT TAYLOR/ METRO IN LONDON, ONT.

London Music Hall
about an hour ago
Stolen item: Silver plated bowl. Value $300
As you may be aware, a valuable item was stolen from London Music Hall on New Year's Eve. This item did not belong to the Music Hall, it had belonged to culinary catering (the caterer of the event). The perpetrator and his accomplice waited for the bartender to turn their back as they proceeded to grab the bowl and exit the building from an emergency exit door. (We will release the full video via social media if the item is not returned)
A photo of the Silver plated bowl and the person whom stole it are below. We have concealed the face of the person in hopes he sees this message and returns the bowl. He was wearing a red sweater over a white collared shirt & red shows with white laces.
Any information please contact info@londonmusichall.com
The London Music Hall published this post Monday on Facebook. It shows one of the people alleged to be responsible for a theft. FACEBOOK

Medical pot user in N.S. alleges discrimination

A medical marijuana user living in Dartmouth says his schooling and family life has been destroyed by harassment over his medical marijuana use.

"It feels like I'm in prison. It feels like I'm sitting in jail right now. My family's gone, and it feels like I'm being monitored," said John Quinn Monday.

Quinn has filed a complaint with the Nova Scotia Human Rights Commission over alleged discrimination by the superintendant and property manager of his Albro Lake Road apartment.

He disclosed his licence to grow and use medical marijuana when he signed a lease in June. Although the building super didn't raise any concerns then, Quinn said he's been subjected ever since to repeated police calls, accusations that he's selling his pot, and investigations by Child Welfare Services.

He was even ordered to leave after an inspection by the property manager in November, though the eviction order was rescinded.

"The only thing that he could do was ask for a copy of my (permit,) because (marijuana) could potentially harm other tenants," said Quinn. "What about an oxygen tank? That could explode. What's the difference, in reality?"

John Quinn checks his pot plants on Monday. JEFF HARPER/METRO IN HALIFAX

The former welder said the marijuana manages his joint pain effectively without affecting his mental state or causing addiction. He grows the plants in a separate unit from the apartment where he lives with his family, and has installed charcoal filters to manage any odours.

Quinn said he's had to drop out of his upgrade courses because of stress caused by the alleged harassment, and has sent his partner and children to live in Ontario to prevent any further action by Child Welfare Services.

After serving MetCap Living Management with notice of the Human Rights complaint, Quinn said the alleged harassment has stopped, but he still doesn't feel safe.

"You've put my family in danger, you've put me in danger, you've ruined our Christmas, you made us feel like criminals," he said. "I want a public apology."

Neither the superintendant nor the property manager of Quinn's building returned calls for comment.

RUTH DAVENPORT/METRO IN HALIFAX

Rx marijuana changes

More than 37,000 Canadians are currently licensed through Health Canada to use marijuana.

- Changes coming in April mean users cannot grow their own marijuana plants, but must purchase medical pot from a government-approved supplier.

Balancing act. Woman protesting marijuana 'ban' in Alberta hospitals

Medical marijuana user Lisa Kirkman says she used to regularly consume vaporized cannabis while in Alberta hospitals, but a sudden change in policy and grinding bureaucracy have now made it effectively impossible for her to access medical care.

"I want to be able to receive medical treatment like every other Albertan, like every other Canadian," she said Monday.

Kirkman said a Nov. 4 Alberta Health Services (AHS) memo, which she described as a well-intentioned attempt to codify a previously ad hoc policy on vaporizer use, ended up resulting in vaporizers being effectively banned in the interim. "In the meantime, we should go back to the status quo," she said. "I need care now. I needed care two months ago."

Kirkman said she needs marijuana to control a host of medical conditions, typically vaporizing every 15 to 20 minutes.

Currently, AHS "is looking at developing a process" for in-hospital marijuana use, according to spokesman Don Stewart. "This is about the balance between patient need and the health and safety of other patients, staff and visitors."

Kirkman plans to stage a "vape out" at a Calgary hospital Wednesday.

ROBSON FLETCHER/METRO IN CALGARY

Lisa Kirkman uses a vaporizer at her home. ROBSON FLETCHER/METRO IN CALGARY

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How's the weather up here?

In Metro cities across Canada, we're experiencing a myriad of icy, freezing weather, and in Calgary and Halifax — relief. Even Vancouver traded its winter rain for some frosty sunshine.

Edmonton

After a few days of chilly temperatures, Edmonton warmed up to -6 C on Monday, with runners hitting the tolerable streets. Temperatures are expected to drop on Tuesday, with a -30 C wind chill predicted.

Saskatoon

Extreme weather has presented a number of challenges for Saskatoon. With wind chills pushing temperatures down to -49 C in Saskatoon on Monday, school buses were cancelled, garbage pickup was delayed and a prominent outdoor skating rink was closed.

Winnipeg

After almost a month of extreme wind chills of -40 C to -50 C daily (only relief: a -9 C blizzard), Winnipeg attracted international attention when it was revealed it was colder than Mars one day last week.

Ottawa

After being hammered with freezing rain Monday and a sudden melt, Ottawa faced an Environment Canada warning of extreme wind chills from -35 C to -40 C Monday night and Tuesday morning. The city also had a water main burst that flooded and closed Laurier Avenue from Metcalfe Street to Elgin Street.

Halifax

It's a weather flip-flop in Halifax. On Monday, Haligonians enjoyed a balmy 9 C, just days after enduring bitterly cold temperatures with wind-chill readings of about -30 C. Tuesday, temperatures are expected to get cold again, but another mild stretch is forecast for the weekend.

Vancouver

Vancouver has enjoyed sunny — but frosty — weather over the past couple of days. That's all going to end, however, with Environment Canada calling for warmer weather (highs of 6 C) and the return of the winter rain for the foreseeable future.

Calgary

Temperatures warmed to above zero in Calgary Monday, but the city was still grappling with record-setting snowfall and many residents were fed up. Snow-related complaints to 311 were up 1,000 per cent from the previous December.

Regina

Bundled-up workers fix a water pipe that leaked due to temperatures dipping down to the -40s with wind chill, prompting an emergency water shutdown on a busy street.

London

Cold, colder and even colder yet. That was the scene in London on Monday as the temperature dipped from -9 C in the morning to -26 C by late afternoon with wind chill.

Toronto

On the icy streets of Toronto on Monday, the temperature plummeted to -25 C, with bone-chilling winds making it feel like -40. The bitter cold snap is expected to end by the weekend, but Torontonians were bracing for a glacial commute the next day.

METRO/TORSTAR NEWS SERVICE/THE CANADIAN PRESS

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Newfoundland outages continue for 4th day

Crews in Newfoundland made progress Monday on restoring energy for thousands of people as the island entered its fourth day of power outages that were triggered by a combination of cold weather, a fire at a terminal station and a power plant that went offline.

Schools throughout the island have been shut down until Wednesday as a result of the power shortages. Warming centres have also been set up for people without power.

Newfoundland Power president Earl Ludlow said crews have made strides in restoring power after residents and businesses were told a day earlier to conserve energy.

"I know it's frustrating, I know it's difficult," Ludlow told a news conference. "But I will also say that the plea for conservation did show up very quickly."

Premier Kathy Dunderdale said the situation was improving, but people should still be conserving power.

"We're coming out the other end but we need to be careful about what we're doing for the next few days and few weeks and the more that people can contribute to that effort, the better off we'll all be." THE CANADIAN PRESS

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Liz Cheney drops out of U.S. Senate race

Troubled run. Dick Cheney's daughter had angered and upset many Republicans

Liz Cheney, daughter of former U.S. vice-president Dick Cheney, said Monday she is abandoning her effort to unseat Wyoming Republican incumbent Sen. Mike Enzi.

Cheney cited "serious health issues" that "have recently arisen in our family" as the reason for her decision.

But her candidacy had raised hackles in the Republican party and caused a public rift with her sister, Mary, a lesbian, over Cheney's opposition to gay marriage.

In her withdrawal statement, Cheney did not mention those controversies.

Cheney moved her family from Virginia to Wyoming to run for the seat. Her effort to replace Enzi, a Senate veteran, drew virtually no support from Senate Republicans, who rushed to back Enzi.

Sen. Jerry Moran, R-Kan., chairman of the National Republican Senatorial Committee, swiftly expressed support for Enzi moments after Cheney announced her campaign last year.

During that time, Cheney said Republicans in Congress needed to stop "cutting deals" with Democrats.

"We've got to stand and fight, and we have to defend what we believe in. We have to not be afraid of being called obstructionists," Cheney said.

"In my view, obstructing President Obama's policies and his agenda isn't actually obstruction; it's patriotism," Cheney said. "I think we have to stop what he's doing, and then as conservatives, we've got to say, 'Here's what we believe,' and, 'Here's the path forward,' and that's what I intend to lay out in this campaign."

THE ASSOCIATED PRESS

Liz Cheney, daughter of former U.S. vice-president Dick Cheney.
MATT YOUNG/THE ASSOCIATED PRESS FILE

France. Goodyear workers resort to 'boss-napping'

Monday's meeting in the northern French city of Amiens was not going well. As farm tires blocked the doorway, two Goodyear managers were trapped in a conference room with angry French workers who were demanding more money in exchange for the loss of their jobs.

Goodyear has tried to shutter the plant in Amiens for five years without success. Its latest attempt was met Monday with a "boss-napping" — a French negotiating tactic that had largely faded away after the height of the economic crisis in 2009.

More theatre than actual threat, it aims to grab management's attention — by grabbing management.

The union is willing to accept the inevitable loss of jobs — but at a cost. In exchange for freeing the bosses, they're demanding an 80,000-euro ($116,000) severance package plus 2,500 euros ($3,600) for each year worked.

THE ASSOCIATED PRESS

'Overpaid loafers'?

"The French workforce gets paid high wages but works only three hours. They get one hour for breaks and lunch, talk for three and work for three."

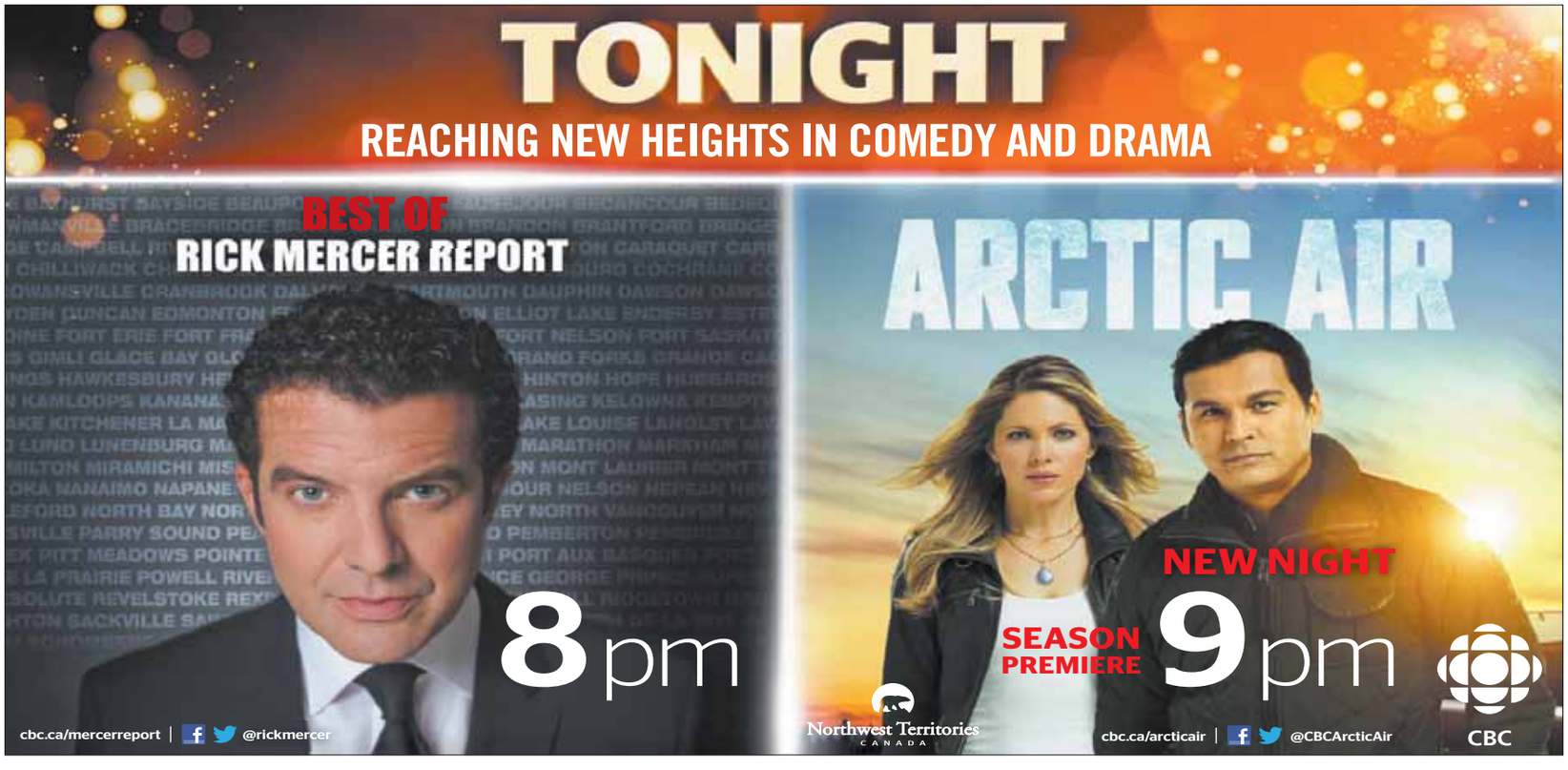
Maurice Taylor, outspoken American CEO of Titan tires, deriding Goodyear staff as overpaid loafers in a note last year when he had considered taking over the company

Utah same-sex unions

Top court puts new marriages on hold

The U.S. Supreme Court on Monday temporarily blocked any new same-sex marriages in Utah. The order grants an emergency appeal by the state following the Dec. 20 ruling by a U.S. district judge that the ban on same-sex marriage violates same-sex couples' constitutional rights.

THE ASSOCIATED PRESS



BCIT PART-TIME STUDIES

Morden Maples' maple syrup is made on Vancouver Island. FACEBOOK/MORDEN MAPLES

Cold weather good for maple syrup makers

The secret. Trees need to frequently freeze and thaw to create pressure that makes the sap run

It's an uncommon sight: A bottle of maple syrup with a "made on Vancouver Island" sticker on it.

Traditionally the domain of eastern provinces like Ontario and Quebec, a small cottage industry of maple syrup manufacturers has sprung up on the Island.

"Our season goes from late November all the way to March if the weather permits, whereas back east the trees are frozen all winter and they only have about a three-week window," said Karl Larsen, who runs Morden Maples with his family.

Larsen moved to his Nanaimo-area acreage six years ago. After finding the property littered with maple trees, he and his son decided to tap some and make syrup. What began as a hobby has since transformed into a side business, producing between 30 and 40 litres of "the liquid gold stuff" every season.

In other parts of the country, syrup is made from the sap of sugar maples. However, only the bigleaf maple is native to Vancouver Island.

"The sugar content of the sap isn't as high as what it is back east," Larsen said. "So you have to boil and evaporate quite a bit to get down to the syrup."

The result is a distinctive flavour that Larsen likens to "caramelized butter."

The secret to producing maple syrup lies in the weather, Larsen said. The mercury needs to oscillate around 0 C so the trees are frequently freezing and thawing.

"The trees expand when they thaw and that pressure makes the sap run," said Larsen.

Morden Maples hosts open houses every Saturday, and Larsen said patrons are surprised the syrup is made in their own backyard.

"We're actually trying to spread the word and encourage people to do it at home," said Larsen's wife, Deanna. "You can just use your barbecue burner or whatever you want."

Amateur syrup shackers can purchase a starter's kit at Morden Maples. However, Larsen had a few words of advice.

"It's more of an outdoor activity," he said. "The amount of steam that comes off could probably peel your wallpaper."

For more information about maple syrup or to purchase some of your own, visit Morden Maples' Facebook page.

LUKE SIMCOE/METRO IN VICTORIA

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A horse-drawn carriage shares the road with a taxi in New York City's Central Park. MARY ALTAFFER/THE ASSOCIATED PRESS

Group says no more carriages

'It's cruelty to animals.' Dave Shishkoff would like to see the horses sent to a sanctuary

Horse-drawn carriages are a familiar site along Victoria's harbourfront, but one group wants to see the tourist tradition come to an end.

"It's cruelty to animals," said Dave Shishkoff, a member of the Friends of Animals group and the man behind the Carriage-Free Victoria Facebook page.

New York's mayor-elect Bill de Blassio has vowed to end carriage rides in Central Park, and Shishkoff says Victoria should follow suit.

"The streets are no place for a horse," he said. "Walking on hard concrete, breathing in exhaust and being amongst traffic is a recipe for disaster."

As evidence, Shishkoff cited a 2012 incident where a carriage horse got loose, injuring both the driver and passengers. He maintains such events are common, and said he's heard of horses kicking pedestrians or crashing through car windshields.

The latest incident allegedly occurred Dec. 21. Shishkoff said a woman who attempted to calm a spooked horse was kicked in the head and taken away by an ambulance.

Victoria police were not aware of any incident on that date, and said it's unusual for an ambulance to be deployed without creating a record.

"That could only happen if the ambulance specifically saw the person injured, or if officers came across someone who required an ambulance and our dispatch called for them," said VicPD spokesperson Bowen Osoko.

According to Osoko, minor collisions with carriage horses used to be common, but a combination of better bylaws and improved training has greatly reduced the number.

"There have been minor traffic collisions over past years involving horse-drawn carriages, but no more than expected for any traffic," he told Metro in an email.

If Shishkoff's bid is successful, he'd like to see the horses sent to a sanctuary.

"The animals should be able to live in peace and not be used or put on display like in a zoo," he said.

LUKE SIMCOE/METRO IN VICTORIA

Cat hunt

Cougar warning in Coldstream

Just days after a three-year-old female cougar was destroyed while prowling near a North Okanagan community, another hunt for a big cat is underway in the same area.

Conservation officer Sgt. Josh Lockwood says members are patrolling an area of Coldstream, just south of Vernon.

He says a cougar was seen and photographed Sunday within 100 metres of Coldstream Elementary. Parents are urged to escort students to school.

THE CANADIAN PRESS

Send-off. Canadians set sail for eight-month counter-terrorism mission

Canada's top soldier bid more than 250 sailors on board HMCS Regina a safe and fruitful voyage as the frigate left Canadian Forces Base Esquimalt for an eight-month counter-terrorism mission to the Arabian Sea.

Gen. Tom Lawson told the sailors to make Canada proud as they participate in an international task force mission to provide more security in the area, especially vessels travelling the Horn of Africa.

Canada's naval ships have participated in several high-profile drug busts in the same area.

Before the frigate departed, crew and their family members shed tears and exchanged kisses and hugs.

Several noticeably pregnant women stood on the deck hoping their partners would be granted short leaves from the deployment, but Regina's Commander Daniel Charlebois couldn't offer guarantees.

Charlebois says about 10 per cent of the sailors on board the Regina have Prairie roots. THE CANADIAN PRESS

BCIT works. REGISTER FOR PART-TIME STUDIES bcit.ca

Spending to slim down despite rabid appetite for gadgets: Analysts

$1.06 trillion on tech. Lower-end tablets and smartphones expected to bite into amount consumers will shell out in 2014

The Consumer Electronics Association estimates that global spending on technology will slip one per cent in 2014 to $1.06 trillion US as the lower average selling price of smartphones and tablets offsets unit growth in markets like China.

The decline is off the peak of $1.07 trillion estimated for 2013.

Steve Koenig, the association's director of industry analysis, issued the forecast at the opening of the annual International CES gadget show on Sunday.

Appetite for smartphones, such as the iPhone 5C, remains strong. JUSTIN SULLIVAN/GETTY IMAGES

The retreat doesn't reflect less consumer appetite for what Koenig called the "dynamic duo" of tech gadgets. Spending on smartphones and tablets is still expected to account for some 43 cents of every dollar spent on technology this year.

But the average price of smartphones, for example, will fall from $444 in 2010 to an estimated $297 this year, despite the number of smartphones sold rising to 1.21 billion up from 1.01 billion.

"These lower-end devices are what's required to penetrate most deeply into these emerging markets," he said.

Smartphones and tablets remain such key drivers of technology spending that they are eating into other categories of devices like point-and-shoot cameras, video cameras, portable GPS devices and handheld gaming devices.

THE ASSOCIATED PRESS

U.K. lawyers protest cuts

Alice Jarratt takes part in a protest during a demonstration against cuts to legal-aid funding in London on Monday. Hundreds of British lawyers, many dressed in traditional wigs and gowns, swapped courtrooms for picket lines to protest planned cuts to legal-aid funding. THE ASSOCIATED PRESS

New study

Flu shot linked to lower risk of low-weight baby

A study has found that pregnant women who get the flu shot are less likely to have a premature or low-birth-weight infant compared to those who don't get vaccinated.

Despite recommendations, researchers say annual vaccination rates of pregnant women have dropped. THE CANADIAN PRESS

Market Minute

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TSX 13,495.54 (-53.32)

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MARS ONE IS LOOKING PRETTY GOOD NOW

SHE SAYS

Jessica Napier
metronews.ca

Last Tuesday temperatures in Winnipeg plummeted to -31 C (and that was the high for the day), making it colder in the city that day than it was in the North Pole and on Mars. Think about that for a moment, one of our country's major urban centres was more frigid than a barren, inhospitable planet that is on average about 80 million kilometres further away from the sun than our own.

I immigrated to Canada from England at age 12 and have often found myself wondering why this particularly frigid part of the globe was ever colonized by humans. As I enter my 16th Canadian winter, I know the unique differences between a snow squall and a blizzard but I don't think I'll ever actually get used to these extraordinary weather patterns that seem as unpredictable as they are harsh.

After taking a painful fall on the flash frozen sidewalk one morning, I made the amateur mistake of allowing my eyes to fill with tears and the moisture froze to my contact lenses within seconds. Ice encrusted eyeballs are enough to make anyone consider permanent relocation.

Canadians never tire of talking about the weather and rightly so — there is just so much conversation material out there in the atmosphere. Phrases like "polar vortex," "frost quake" and "Nor'easter" have entered our everyday vernacular as we wax philosophically about the importance of strategic layering.

Only a Canadian would utter the phrase "It's going up to a balmy -12 tomorrow," without a hint of sarcasm.

But sometimes even the hardiest Canucks in their puffiest, goose-down jackets are no match for mother nature's wrath. When the mercury plummets beyond a certain point, even our beloved national pastimes don't seem feasible. Where's the appeal in an evening at the skating rink when you spend your whole commute desperately navigating treacherous city streets that are covered in a thick layer of ice? Driving up to a nearby ski hill for the weekend might seem like a fun idea until your plans are inevitably thwarted by dead car batteries and freezing rain warnings.

Being an overly optimistic fool, I made a New Year's resolution to start running again. Lacing up for a jog on a dark winter evening is hard enough, but finding the motivation to head outside to traverse slush-covered sidewalks while filling my burning lungs with ice-cold air has proven to be truly impossible.

With a few more months of transit delays, salt-stained footwear, dry skin and frozen fingertips on the horizon, hibernation seems to be the only viable option.

If you need to find me, I'll be tucked under my electric blanket and planning a warm getaway to a country where snot icicles aren't a thing.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Hey, mom! Look what I can do

CHARLES DHARAPAK/THE ASSOCIATED PRESS

Baby panda makes gigantic debut

Bao Bao, the four-and-a-half-month-old giant panda, made her public debut at an indoor habitat at the National Zoo in Washington on Monday.

Bao Bao, who now weighs 16.9 pounds, was born to the zoo's female giant panda Mei Xiang and male giant panda Tian Tian.

In recent months, Bao Bao has become more active, moving around on her own and exploring the environment. Now she's working on climbing, but some rocks are still too big.

THE ASSOCIATED PRESS

The zoo's point of view

- The zoo won't make Bao Bao or her mother do anything they don't want to do, a spokesperson said. They will bring her out into the enclosure for viewing, conduct some training sessions with her and sometimes weigh her in public view.

Newborn dreams

"She doesn't even seem to notice the folks who are watching her: Her adoring public. Her focus is mostly on mom right now."

Brandie Smith, panda curator
National Zoo in Washington

Clickbait

LUKE SIMCOE
Metro Online

COURTESY TIKKER

The start of a new year is a time for reflection. It's also a reminder that we're all another year older and another step closer to our inevitable demise. If, like some people, you find contemplating your own mortality terrifying, you should probably stop reading. On the other hand, if the only thing about death that troubles you is not knowing when, here are a few sites that can calculate how many heartbeats you have left.

Death Clock:

This site's tag line is "predicting the demise of others since 2006." Just fill in a few details about your age, place of residence and diet and you'll get a handy prediction you can take to your financial planner. (death-clock.org)

Death Timer:

As a bonus, this site will create an image of a tombstone with your name on it. It will also scold you if you smoke or drink too much. (deathtimer.com)

The DeathList:

If you're more interested in when other people are going to die, check out The DeathList. Based in the United Kingdom, the site compiles an annual list of famous people most likely to kick the bucket. The site had a banner year in 2013, with 13 successful predictions. (deathlist.net)

Twitter

@metropicks asked: .@MyTikker watch approximates when you'll die and counts down to the second. Would you live differently if you knew?

@Earl_of_Halifax: see how it changes while guzzling beers compared to sipping wine, eating wings to salad and working out to being lazy

@stuartchase: useful for those mindnumbing conversations. "U officially wasted 2 minutes of my life. No, really, look at my watch."

@Earl_of_Halifax: I'd probably live faster

Follow @metropicks and take part in our daily poll.

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SCENE 2

DVD review

I'm So Excited

Director. Pedro Almodóvar

Stars. Javier Camara, Pepa Charro, Cecilia Roth

The tray tables are up, the seatbelts are fastened and the passengers are more than ready to fly in this airborne trifle from Pedro Almodóvar. The Spanish auteur is returning to the campier tone of such earlier films as Women on the Verge of a Nervous Breakdown. But it almost seems as if he's operating on autopilot. The rest of the film is aces, including a production design that amusingly incorporates Almodóvar's beloved primary colours (especially red) into the design of the film's fictional airline. The music by Alberto Iglesias also delights, with its jazzy references to 007 and Eurocomedy films. (Skip the movie, buy the soundtrack.) The cast includes many players from Almodóvar's past — including cameos from Antonio Banderas and Penelope Cruz — and they're eager to go along with whatever fun Capt. Almodóvar has in mind. But he doesn't have much on his grey matter this time, apart from making an even campier version of Airplane! Extras include a making-of featurette and a selling-of featurette.

PETER HOWELL

Finding escape in fear

Helix. Billy Campbell, star of new Showcase series, talks about our obsession with being terrified

RICHARD CROUSE
scene@metronews.ca

"I've been reading film scripts for over 30 years," says Helix star Billy Campbell, "and I could probably count on my hands and feet all the truly, truly great scripts I've read. The rest are, to various degrees, garbage."

Campbell, a veteran of big screen features like The Rocketeer and Francis Ford Coppola's Dracula, says, "the hour-and-a-half format of telling a story is unnatural. You either have to do like they do in Bollywood movies and have a four-hour movie tell a story or do like European films do. They tell small, intimate human stories. Moments in people's lives. That's more appropriate to the format."

That opinion may explain why he's been spending more and more time on the small screen on shows like Once and Once Again, The O.C. and The Killing.

His latest project, the sci-fi series Helix debuts on Showcase on Friday. Produced by Battlestar Galactica creator Ronald D. Moore, its sprawling story of a deadly disease outbreak couldn't fit into a 90-minute film.

"Television is a place where you can tell a great story," he says. "You have the time. AMC coined the phrase, Slow Burn Storytelling. You have the time to develop characters, develop storylines in a way that is not artificial. Or doesn't seem to be artificial."

The pilot script for the Montreal-shot series appealed to the ruggedly handsome actor because he's a fan of science fiction, horror and speculative fiction.

"When I read the pilot script the first thing that popped into my head was The Andromeda Strain, then John Carpenter's The Thing and a little bit of Walking Dead popped in there as well. We don't have zombies. I think what we have is a great deal scarier than zombies. What we have are living human beings, terribly infected, who have a pathological compulsion to infect others."

He describes the show as "intense, but still an escape." But an escape from what?

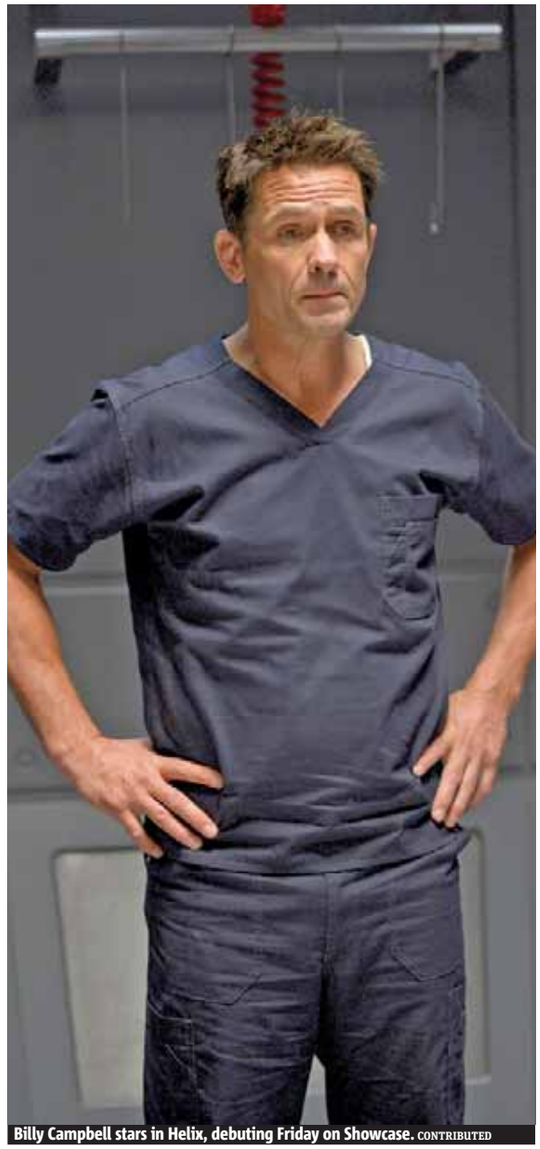
"There seems to be an obsession with not just speculative fiction but stuff that is not our real life. I couldn't say why, except to think that perhaps we're so unhappy with our present lives. We might need to get away. Some people like to escape by being scared."

As an actor on the show he says the most exciting part of the process is "to come to work and try to do the next outlandish thing they've written. That's exciting."

Quoted

"There seems to be an obsession with not just speculative fiction but stuff that is not our real life."

Helix star Billy Campbell



Billy Campbell stars in Helix, debuting Friday on Showcase. CONTRIBUTED

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Yes, Alex Turner is alive and rocking

Arctic Monkeys.
Frontman was target of Internet death hoax, but he actually wants to talk about his album instead of mortality

PAT
HEALY
Metro World News in Boston

The Arctic Monkeys are currently touring the U.S. in support of their latest album. CONTRIBUTED

Contrary to popular belief (for one day last month, at least) Alex Turner is alive and well. Days before our conversation with the Arctic Monkeys frontman, a hash tag of #RIPAlexTurner shot into the top 10 most discussed Twitter items in his home country of England. It really would have been a shame if it were true that the 27-year-old singer had died, because — aside from death being a real bummer on a personal level to his friends and family — the band is touring America to promote their fifth and most recent album, AM, which may be their finest hour. Luckily, it was just another Internet death hoax.

First of all, you're alive. And there were a few rumours going around Twitter recently that you weren't.
Apparently so! I woke up in Tulsa that morning … wait, it wasn't Tulsa. Sorry. Tempe, Arizona! And I thought maybe the rumours were true and I had in fact died and gone to heaven.

I sense a little sarcasm. Was Tempe, AZ especially hard on you?
No, no. It was actually fine. I was just being facetious. But yeah, I'm alive and kicking.

Tell me about what was going on when you heard about the #RIPAlexTurner hash tag.
It wasn't actually that big of a deal in my world. I think it's a bit like Super Mario. You get three lives on Twitter. I'm not exposed because I'm not signed up to the old Twitter myself, so I kind of remain relatively oblivious. At some point in the afternoon somebody told me that apparently there was this thing, but it was a side note in my day, in all honesty.

If a side note of your day is that people who care about you thought you had died, what's the highlight?
I think it's like, as I understand it, I'm pretty sure people saw it as a hoax early on and the fact that it was trending was simply because people were saying, "Oh, look at this. Isn't this ridiculous?" and then it gathered momentum. I believe that to be the case, rather than people actually thinking it was real.

Well, there's no such thing as bad publicity, but let's talk a little bit about something you'd probably prefer got more publicity than a death hoax: your new album! Let's talk about AM.
Yeah, if you want, man. It's up to you. I'll talk about the hash tags all day if you'd rather.

So, AM is interesting. It's kind of all over the place. Was it a challenge to sequence something like this? Because it does flow well, but there's so many different sounds on it...
I mean, I suppose sequencing any record always seems to be quite a difficult part of the process in my experience at least. But this one, actually, we branched off from the original idea a lot less than with the other four albums. I think to me, there are two pretty clear sides to it, not in terms of the sequencing, like an A-side and a B-side, but there's these two extremes, one of them being sort of like early 1970s rock 'n' roll — sort of heavy metal that got the wrong end of the stick, but not entirely. You know the Spiders from Mars sort of quality with the drum sounds? And, I guess you hear that on the ballads a little bit more than the other ones. I guess the other side of it would be this kind of contemporary R&B angle that exists in a lot of the vocal production, and I guess that was sort of the idea, really, to take that contemporary R&B or even like a hip-hop influence at times and apply it to a four-piece rock 'n' roll band.

Have you heard any reaction from the R&B or hip-hop community? Are we talking crossover appeal here for the Arctic Monkeys? Any hip-hop radio stations playing Why'd You Only Call Me When You're High?
I think there's been a bit of that, like some of the rap shows in the U.K., someone sent me a clip of someone rapping over that. The idea that it might get sampled is one that's exciting to me. And the first few bars of that song, it was constructed in a way that I imagine a hip-hop producer would construct music. We manipulated the instruments to create building blocks, and then those blocks form the song in the way that I would imagine somebody like Timbaland might have done.

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Madonna ALL PHOTOS GETTY IMAGES

Madonna tells online masses to 'calm down' after Rocco's booze pose

Maybe she was just trying to be a "cool mom," but Madonna has come under fire for posting a photo to Instagram of her 13-year-old son, Rocco, and two pals holding up bottles of gin and vodka with the caption, "The party has just begun!" The photo was taken during a vacation in the Swiss Alps, where the legal drinking age is 16. After receiving more than 1,200 comments on the photo within 24 hours, the singer addressed the issue herself, writing, "No one was drinking. We were just having fun. Calm down and get a sense of humour."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Holyfield's homosexuality comments land him in trouble

The latest celebrity to fall victim to their own inability to just shut it? Evander Holyfield, who is making a splash with his stay on Celebrity Big Brother thanks to an extended rant he recently let out about homosexuality, describing it as "a choice" that "ain't normal" and can be fixed. "If you were born and your leg were turned this way, what would you do? You go to the doctor and get it fixed back, right?" he said to a fellow housemate.

"You know how handicapped people are born? You can't say, 'Because they are born that way, you can't move that.'" Producers for the series quickly addressed the issue, saying in a statement that they'd relayed to Holyfield that his views "could be seen as extremely offensive to many people. He was warned to think carefully about repeating them."

Good grief. Come on, Evander. You lost an ear. You must know what it feels like to be different. Shut it down!

PAT HEALY/METRO WORLD NEWS

Disick loses father just months after mom's death

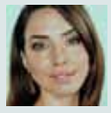
Scott Disick

Kourtney Kardashian's famous baby daddy, Scott Disick, reportedly lost his father on Friday, three months after his mother died from cirrhosis of the liver. His father, Jeffrey Disick, died from undisclosed causes, reports E! News. "The whole family is so devastated and Scott is beside himself," a source told E!. "Scott is an only child with no remaining family."

Twitter

@mradamscott
I want Downton Abbey bloopers and I want them now

@msleamichele
Such a lovely holiday break with friends and family. Revived and refreshed:) Ready for this new year!



@WhitneyCummings
I feel like you know you're in love when you can't stop thinking about (killing) someone

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Half off

10 Pounds in Six Weeks

Three and a half months ago we introduced Metro Winnipeg editor Elisha Dacey, who has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert. Elisha wants to lose half of her body weight and has been writing about it in her online blog, Half Off.

Now that the holidays — and holiday indulging — are over, Elisha is keen to get back on track. So she's kick-starting the new year with a shorter term goal: 10 pounds in six weeks.

Breaking your goal into pieces is a great way to motivate yourself and key to attaining the larger goal, said Theresa. "And losing 10 pounds in six weeks — or about 1 ½ pounds a week — is both healthy and realistic for Elisha."

Theresa suggested that Elisha create some eating rules to help her achieve the goal. Rule number one: eat in, not out. For lots of delicious ideas, try Theresa's Weekly Meal Solutions on her website at myfriendinfood.com.

Exercise is also a challenging area for Elisha. "I can't really do much new outside because it's just so cold, and I'm bored with the indoor weights program," said Elisha.

But she has discovered that she likes to dance for exercise. She often plays Just Dance on the Wii for cardio. With that in mind, Jordan is going to revamp Elisha's at-home workout to make it more motivating and fun.

To follow along, and for more work-out tips, check out metronews.ca/half-off.

YLVA VAN BUUREN/FOR METRO

FAQs for fighting the flu

Getting informed. Flu season has swung into full gear and reports of deaths in Texas and Alberta have raised fears that something new is afoot

The H1N1 virus is predominating this year's flu season. ISTOCK

Usually by now flu shot efforts would be winding down, but several provinces are leveraging intense media interest and public concern by mounting extra clinics for those reconsidering getting a shot.

Is this shaping up to be a doozy of a flu season? Or do we, as a society, tend to forget what influenza can do from one season to the next?

There are plenty of such questions being posed these days. Here are a few, and some answers.

All the headlines these days are about influenza. Is this a dire flu season?

Not really. It's a flu season — which means as activity takes off in your municipality or province, you can expect to see a spike of illnesses that can create the impression that almost everyone is sick.

Last year's season, caused mostly by the H3N2 virus, was quite nasty. This year the H1N1 virus is predominating — at this point, anyway. And while parts of the country are now in the throes of full-on flu outbreaks, the activity level is what one sees during flu season.

Alberta's outbreak may have already peaked while Ontario's is probably at its apex now. "It'll be over in a month. There's been a fair amount of activity, but it's not terrible. And that should be it," says Dr. Allison McGeer, head of infection control at Toronto's Mount Sinai Hospital.

Isn't H1N1 the virus that caused the 2009 pandemic? Is it different or more dangerous than other flu viruses?

H1N1 is the virus that caused the pandemic in 2009. But it's been circulating for nearly five years, and is now considered one of the seasonal flu viruses. The others are H3N2, also an influenza A virus, and influenza B viruses.

While the vast majority of people who contract flu don't need medical attention, influenza does have the potential to cause serious illness — and that is true of H1N1, H3N2 and influenza B.

There have been reports in the media of young and middle aged adults dying. Doesn't flu normally kill old people?

What is different about H1N1 is who is vulnerable to it and who it seems to hit hard.

Little kids — children born after the pandemic — are most likely to be susceptible to H1N1; fewer than 20 per cent of them had antibodies against it. And older adults, who don't fare very well in H3N2 years, seem as a group to have a lot of protection against H1N1.

But young adults and people in middle age are less likely to have antibodies to these viruses, and those are the serious illnesses and deaths that are getting a lot of attention in the media this year.

Alberta has reported nearly 1,000 confirmed cases, and Toronto Public Health says it has confirmed 210 cases of flu so far this year. What do these numbers tell us? Is there more flu than usual?

Numbers don't mean much when it comes to seasonal flu and they probably shouldn't concern the public to any real degree, McGeer says.

The reality is that most people who have flu never see a doctor, and many of those who do aren't tested for influenza.

If Alberta has 1,000 positive flu tests, it means there's quite a bit of influenza in Alberta. But is that amount abnormal? Not at the peak of an active flu season.

People in my neighbourhood/town/city are already sick with flu. If I haven't had a flu shot, is there still time to get one? Is it worth my while?

Public health officials will always say "It's never too late to get a flu shot." And given that flu viruses will continue to circulate — albeit likely at lower levels — for weeks to come, getting a shot now might prevent you from getting sick later.

THE CANADIAN PRESS

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Give Slow Cooker Meatballs some new life with seeds

THERESA ALBERT
myfriendinfood.com

Instead of nutrition-free breadcrumbs, why not hold meatballs together with nutrient-dense chia seeds and oats? Tastes the same, and it's 100 per cent healthy.

1. Place ground beef, oats, egg, chia and seasoning in a bowl.

2. Mix well with hands and use an ice cream scoop to place into bottom of a large slow cooker set on high.

Ingredients

- 1 lb extra lean ground beef
- 1/2 cup oats, whirred in a blender
- 1 egg, beaten
- 1 tbsp whole or ground chia seeds
- 1 tbsp Italian seasoning
- 1 jar tomato sauce

This recipe serves six. COURTESY THERESA ALBERT

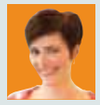
3. Microwave tomato sauce with the lid off to speed up cooking. Empty tomato sauce over meatballs, cover and let cook on high for 2-3 hours or on low for 8-10.

4. Serve with buns for Meatball Sandwiches or over pasta with salad.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Health Solutions

Chi-chi-chi-chia seeds



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Chia is a seed much like the poppy seed in that it only grows when the salvia plant is ready to bloom.

Like other seeds, this wee nugget of nourishment contains all the nourishment that the plant will need to begin anew.

You know all about its superior fibre content and its ability to help stabilize blood sugar levels, heck, you probably even bought a bag and have looked at it for a year.

But, besides sprinkling it on your yogurt, what else can you do with it? Here are some ideas:

- Chia is an excellent binder when making meatloaves or meatballs because it holds water better than breadcrumbs.
- Use it ground in salad dressings to help reduce the amount of oil. 1/4 tsp replaces about a tablespoon of oil.
- Soak 2/3 cup of chia seeds in 2 cups of almond milk and set aside in the fridge for three to eight hours. It will thicken into a tapioca-pudding-like dish that is great warm or cold with a dash of cinnamon.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Olympic hockey

Team Canada men's roster named today

The big day is here, the equivalent to Christmas Day for Canadian hockey fans.

The Hockey Canada Olympic management team will name its roster for the 2014 Sochi Games during an announcement Tuesday morning.

Canada goes into the Olympic tournament as the defending gold-medal champions in both the men's and women's hockey competitions.

As it has been heading into the past few Olympic competitions, Canada's men's roster has been open to considerable debate and second-guessing and the 2014 roster will be no exception.

On a local scale, Canucks puck stopper Roberto Luongo, the incumbent starter from the 2010 Vancouver Games, is believed in the running to be named to this year's team, with a number of hockey pundits listing him as one of the three Canadian goalies.

Luongo's health of late has been an issue. He suffered a groin ailment toward the end of December, and, according to hockey reporter Renaud Lavoie, was scheduled to undergo an MRI on Monday after a collision with Kings forward Dustin Brown on Saturday.

That could leave the door open to other candidates.

Montreal Canadiens goalie Carey Price, of Anahim Lake, B.C., has also had his name mentioned in the conversation for Canada.

P.K. Subban GETTY IMAGES

There will be debates at other positions, as well.

Is the emotionally charged and skilled P.K. Subban trustworthy enough in the defensive end of the rink to have his name announced?

Has Patrick Sharp's play this season with the Chicago Blackhawks earned him a spot, likely alongside his teammate and 2010 standout Jonathan Toews?

Answers to these questions, and many others, will soon be here.

CAM TUCKER/METRO

'It's something that's out of your control'

NHL. Chris Kunitz and hopefuls for Canada's Olympic hockey team await Tuesday's roster announcement

CAM TUCKER
cam.tucker@metronews.ca

On the eve of Canada's highly anticipated Olympic hockey roster announcement, there's not much more Chris Kunitz can do, other than wait and hope his name is called Tuesday morning.

The Pittsburgh Penguins forward, born in Regina, is in the conversation to make Canada's men's hockey team, which will look to defend its gold medal at the 2014 Sochi Olympics, which begin Feb. 7.

It could help his cause that he plays on a line with Sidney Crosby, a lock to be named to the Canadian team, and the two have developed spectacular chemistry together.

"It's something you've been thinking about a long time but it's something that's out of your control now, hopefully you put your best foot forward," Kunitz told reporters on Monday after the Penguins skated at Rogers Arena ahead of Tuesday's game against the Canucks.

"It would be an unbelievable honour. I don't even know how you would describe it, being maybe one of the toughest sporting teams to make in all of sports."

Canada, going into Tuesday's announcement, has a wealth of talent up front, and players who people think should be on the team are going to be left off. It's a simple reality, but a difficult one given the magnitude of the upcoming event.

"It's tough. They're going to have a lot of tough decisions. I think there will be a lot of debate and a lot of questioning but he's right there, he's right in the conversation," Crosby said of Kunitz, who has 23 goals and 47 points this season.

Crosby, on Tuesday, will play at Rogers Arena for the first time since February of 2010, when his overtime gold-medal winning goal for Canada created the memorable scenes of red-and-white euphoria from coast to coast.

His return happens to fall on the same day Hockey Canada's Olympic management group will announce the roster for the men's team destined for Sochi.

"It's kind of funny the way it's worked out," said the now 26-year-old Crosby.

"Obviously it's something I'm reminded about a lot but that being said, got a great opportunity to go to Russia and do the same thing."

Sidney Crosby, right, is considered a shoe-in to make the Canadian men's Olympic hockey team. His Penguins teammate Chris Kunitz may be joining him in Sochi. GETTY IMAGES FILE

Scheduled MRI

Luongo's health back in spotlight

Roberto Luongo was scheduled to undergo an MRI on Monday, as per hockey reporter Renaud Lavoie.

The Canucks goalie was involved in a collision with L.A. Kings forward Dustin Brown in the third period of Saturday's game.

Luongo did not dress in the team's overtime loss to the Anaheim Ducks on Sunday. The Canucks recalled goalie Joacim Eriksson from AHL Utica on Monday.

Also on Monday, Canucks defenceman Yannick Weber was named to Switzerland's men's Olympic hockey team. CAM TUCKER/METRO

Lenarduzzi lashes out over Sanvezzo Twitter photo

Bob Lenarduzzi chose his words carefully when asked what went through his mind when he saw Camilo Sanvezzo donning the kit of a Mexican soccer club in a photo that surfaced Monday on Twitter.

It's the latest development — and the most heated — in a saga that first began with reports stating Sanvezzo, the Vancouver Whitecaps striker, was going to sign with Queretaro FC in Mexico, despite still being under contract to the local Major League Soccer side.

"Unacceptable and inappropriate," Lenarduzzi told reporters about the controversial online photo during a media availability Monday afternoon.

Camilo Sanvezzo THE CANADIAN PRESS

Sanvezzo, who led Vancouver with 22 goals and won the MLS Golden Boot this past season, arrived in Mexico over the weekend and underwent physicals with the Mexican side on Monday.

A photo of him in the Queretaro FC kit was snapped and put on Twitter, creating a firestorm with Whitecaps fans, some expressing a suddenly irreconcilable fracture in the relationship between supporters and the skilled Brazilian striker.

"Last week, MLS advised Queretaro, the Mexican club, that Camilo's contract was actually a valid one and he was committed to the Whitecaps," said Lenarduzzi.

"At the same time, we talked to Camilo and made him aware of the fact that he was under contract with us. This morning, the same communication took place, only this time it was actually in writing to Queretaro, confirming once again that Camilo is the property of the Whitecaps.

"What we'll do now is let the dust settle and over the next few days, we'll be in touch with Camilo." CAM TUCKER/METRO

4 SPORTS

Seattle not sleeping on the Saints ahead of post-season battle

NFL playoffs. 'Hawks are putting 34-7 Dec. win behind them

Seahawks coach Pete Carroll
GETTY IMAGES FILE

Before Pete Carroll turns his full attention to Seattle's playoff opponent, he'll make sure the Seahawks aren't expecting another easy win against New Orleans like in Week 13.

"We learned and gained information in the game as they did, but we start all over again and start from scratch," Carroll said Monday. "We take a look at what happened since we played them. But I think it would be a mistake to try and call it because of what has happened in the past. We don't care about that."

Carroll and the Seahawks will face New Orleans on Saturday in the second round of the playoffs, less than six weeks after Seattle routed the Saints 34-7 in early December. That win proved significant for Seattle in wrapping up home-field advantage in the NFC and dropping New Orleans to a wild-card position and on the road throughout the playoffs.

But for all Seattle did in turning that first meeting into a blowout, Carroll wants a new attitude by game time on Saturday.

"I think it's common knowledge and human nature that you would like to think it's going to be the same, but we know better than that," Carroll said. "We need to respect this opportunity for what it is. It's a great championship matchup for us, and they're going to come loaded up and give us a great football game."

THE ASSOCIATED PRESS

Playoff football

"You would like to think it's going to be the same, but we know better."

Seattle coach Pete Carroll on his team's 34-7 beatdown vs. the Saints in December

Florida State stuns Auburn

Florida State wide receiver Kelvin Benjamin catches a two-yard pass for the winning touchdown against Auburn in the BCS national championship game on Monday night in Pasadena, Calif. Florida fans shouted and danced in raucous celebration after their top-ranked team roared back in the fourth quarter to beat Auburn 34-31.

JEFF GROSS/GETTY IMAGES

NBA

Johnson leads Brooklyn to third straight win

If only the Brooklyn Nets could get a mulligan on that 2013 part of the 2013-14 season.

They are perfect in the new year, looking more like the team that was the heavy Atlantic Division favourite than the one that was 10-21 through December.

"We're undefeated this year," swingman Alan Anderson said. "So as long as we just keep that rolling, man, we know we've got a couple of tough games ahead of us, but like I said, take it one game at a time, one practice at a time, and keep building."

Joe Johnson snapped out of a slump with 23 points against his former team, and the Nets matched a season high with their third straight victory by beating the Atlanta Hawks 91-86 on Monday night.

Mirza Teletovic scored 16 points and Anderson added 14. THE ASSOCIATED PRESS

World Cup. Brazil's prep falling behind: FIFA boss

FIFA president Sepp Blatter says Brazil is further behind in preparations for the World Cup than any other country has been during his time with the organization.

Brazil has completed only six of the 12 World Cup stadiums even though FIFA had set the end of 2013 as the deadline.

In an interview with Swiss newspaper 24 Heures, Blatter said, "It's the country which is the furthest behind since I've been at FIFA and moreover, it's the only one that had so much time — seven years — to prepare itself."

Blatter also says he thinks there will be more protests.

THE ASSOCIATED PRESS

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NHL

Flames score in dying minutes to top Avalanche

Jiri Hudler and Joe Colborne had a goal and assist each, and Mike Cammalleri scored a power-play goal at 16:30 of the third period to lift the Calgary Flames to a 4-3 win over the Colorado Avalanche on Monday night.

Sean Monahan also scored and Karri Ramo stopped 22 shots for the Flames, who broke out of an offensive slump to end a four-game skid.

Calgary came into the game having been shut out in three of its last four games. The Flames' only goal since Dec. 23 came in a 4-1 loss to Philadelphia.

Nathan MacKinnon had two goals and Paul Stastny had a goal and two assists for the Avalanche, who had won three straight coming into the game.

The game was tied at 3-3 when Colorado drew a bench minor for too many men on the ice. With Jamie McGinn in the penalty box, Hudler fed Cammalleri in front of goalie Jean-Sebastien Giguere for the winner.

Giguere finished with 15 saves. THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	42	28	12	2	124	89	58
Montreal	44	25	14	5	114	103	55
Tampa Bay	42	25	13	4	119	100	54
Detroit	43	19	14	10	114	121	48
Toronto	43	21	17	5	119	127	47
Ottawa	44	19	18	7	126	141	45
Florida	43	16	21	6	102	136	38
Buffalo	42	12	26	4	74	118	28

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	44	31	12	1	142	103	63
Philadelphia	42	21	17	4	111	116	46
Washington	42	20	16	6	128	128	46
Carolina	43	18	16	9	105	124	45
N.Y. Rangers	44	21	20	3	108	119	45
Columbus	43	19	20	4	117	126	42
New Jersey	43	17	18	8	101	110	42
N.Y. Islanders	44	15	22	7	119	146	37

Monday's results
Calgary 4 Colorado 3
Columbus 4 N.Y. Rangers 3 (SO)
Montreal 2 Florida 1
N.Y. Islanders 7 Dallas 3
Sunday's results
Anaheim 4 Vancouver 3 (OT)
Carolina 2 Nashville 1
Edmonton 5 Tampa Bay 3
Pittsburgh 6 Winnipeg 5
San Jose 3 Chicago 2 (SO)
Tuesday's games
All Times Eastern
Carolina at Buffalo, 7 p.m.
N.Y. Islanders at Toronto, 7 p.m.
Philadelphia at New Jersey, 7:30 p.m.
Tampa Bay at Winnipeg, 8 p.m.
San Jose at Nashville, 8 p.m.
Calgary at Phoenix, 9 p.m.
St. Louis at Edmonton, 9:30 p.m.
Boston at Anaheim, 10 p.m.
Pittsburgh at Vancouver, 10 p.m.
Minnesota at Los Angeles, 10:30 p.m.
Wednesday's games
Montreal at Philadelphia, 7:30 p.m.
N.Y. Rangers at Chicago, 8 p.m.
Ottawa at Colorado, 9:30 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	45	29	7	9	167	124	67
St. Louis	41	29	7	5	150	95	63
Colorado	42	26	12	4	123	108	56
Minnesota	44	22	17	5	106	113	49
Dallas	42	20	15	7	123	131	47
Winnipeg	45	19	21	5	123	135	43
Nashville	43	18	19	6	102	129	42

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	44	31	8	5	146	111	67
San Jose	43	27	10	6	142	111	60
Los Angeles	43	26	13	4	113	89	56
Vancouver	44	23	13	8	117	108	54
Phoenix	41	20	12	9	123	127	49
Calgary	42	15	21	6	100	131	36
Edmonton	45	14	26	5	117	156	33

Note: Two points for a win, one point for an overtime or shootout loss.

SCORING LEADERS

	G	A	Pt
Crosby, Pgh	23	40	63
Kane, Chi	23	31	54
Getzlaf, Ana	20	28	48
Thornton, SJ	5	43	48
Kunitz, Pgh	23	24	47
Sharp, Chi	25	21	46
Tavares, NYI	17	29	46
Backstrom, Wash	10	36	46
Perry, Ana	23	21	44

Not including last night's games

NFL PLAYOFFS

WILD CARD WEEKEND

Sunday's results
AFC — San Diego 27 Cincinnati 10
NFC — San Francisco 23 Green Bay 20
Saturday's results
AFC — Indianapolis 45 Kansas City 44
NFC — New Orleans 26 Philadelphia 24

DIVISIONAL PLAYOFFS

Saturday, Jan. 11 — All Times Eastern
NFC — New Orleans at Seattle, 4:35 p.m.
AFC — Indianapolis at New England, 8:15 p.m.
Sunday, Jan. 12
NFC — San Francisco at Carolina, 1:05 p.m.
AFC — San Diego at Denver, 4:40 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	27	6	.818	—
d-Miami	26	8	.765	1½
Atlanta	18	17	.514	10
d-Toronto	16	16	.500	10½
Washington	14	17	.452	12
Chicago	14	18	.438	12½
Charlotte	15	20	.429	13
Detroit	14	20	.412	13½
Brooklyn	13	21	.382	14½
Boston	13	21	.382	14½
Philadelphia	12	22	.353	15½
New York	11	22	.333	16
Cleveland	11	23	.324	16½
Orlando	10	23	.303	17
Milwaukee	7	26	.212	20

WESTERN CONFERENCE

	W	L	Pct	GB
d-Oklahoma City	27	7	.794	—
d-San Antonio	26	8	.765	1
Portland	26	8	.765	1
d-Golden State	23	13	.639	5
L.A. Clippers	23	13	.639	5
Houston	22	13	.629	5½
Phoenix	20	12	.625	6
Dallas	19	15	.559	8
Minnesota	17	17	.500	10
Denver	16	17	.485	10½
New Orleans	15	17	.469	11
Memphis	15	18	.455	11½
L.A. Lakers	14	20	.412	13
Sacramento	10	22	.313	16
Utah	11	25	.306	17

d — division leaders ranked in top four places.
Monday's results
Brooklyn 91 Atlanta 86
Minnesota 126 Philadelphia 95
Orlando at L.A. Clippers
Tuesday's games
All Times Eastern
Philadelphia at Cleveland, 7 p.m.
Toronto at Indiana, 7 p.m.
Washington at Charlotte, 7 p.m.
New Orleans at Miami, 7:30 p.m.
Detroit at New York, 7:30 p.m.
Phoenix at Chicago, 8 p.m.
Golden State at Milwaukee, 8 p.m.
San Antonio at Memphis, 8 p.m.
L.A. Lakers at Dallas, 8:30 p.m.
Boston at Denver, 9 p.m.
Oklahoma City at Utah, 9 p.m.
Portland at Sacramento, 10 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Try to avoid confrontation today because you will come out second best. If possible, go and be by yourself for a while. You'll return physically and mentally refreshed, and with lots of great new ideas.

♉ Taurus
April 21 - May 21
You seem to think the worst is going to happen. You should know by now that is exactly the sort of thought pattern that encourages bad things to happen. Be positive.

♊ Gemini
May 22 - June 21
If you make an effort today, it will pay off. The only problem is you are not in the mood to do anything strenuous. That's OK but don't blame others for your lack of progress.

♋ Cancer
June 22 - July 23
You may not enjoy what happens today, not least because you have no control over events. But if you accept it and refuse to be upset, it won't be so bad. You can always control the way you react.

♌ Leo
July 24 - Aug. 23
Everything must be in its proper place and if it isn't, someone is going to get the blame, and it won't be you. You may be easy-going most of the time but sometimes you are like your next-door-neighbour sign Virgo — obsessed by details.

♍ Virgo
Aug. 24 - Sept. 23
Keep things simple today because the more complicated you allow your activities to get, the more likely it is you will get confused and make a mistake.

♎ Libra
Sept. 24 - Oct. 23
It will pay you to be secretive, especially if you're working on a plan requiring the element of surprise to succeed. If people start sniffing around, tell them anything but the truth.

♏ Scorpio
Oct. 24 - Nov. 22
Stop worrying that you are not doing enough or that your rivals are winning. The planets indicate that success will be yours once you learn to relax and not take life so seriously.

♐ Sagittarius
Nov. 23 - Dec. 21
You can make a little go a long way today, emotionally as well as financially. The trick is to not give too much away, and keep others guessing what you intend to do with it.

♑ Capricorn
Dec. 22 - Jan. 20
Wield the axe and cut back on the things in your life that are not important. That applies especially to your career where, it seems, you have taken on too much responsibility too soon.

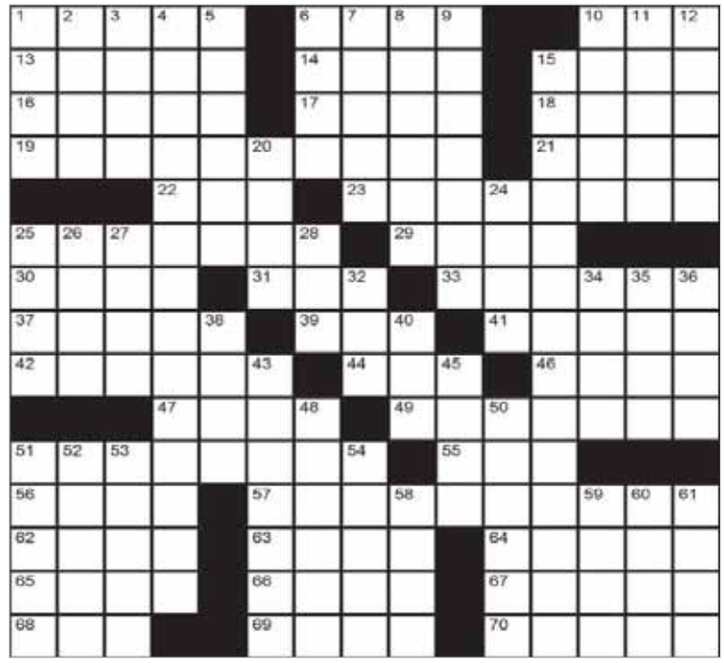
♒ Aquarius
Jan. 21 - Feb. 19
What you have to do today may seem boring but if you do it well, you will come to the attention of powerful people and, in the long-term, the rewards will be worth the effort many times over.

♓ Pisces
Feb. 20 - March 20
There is a lot going on behind the scenes at the moment, so don't make too many plans because they are sure to change. If someone asks you to take on more work turn them down. It's the last thing you need right now. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

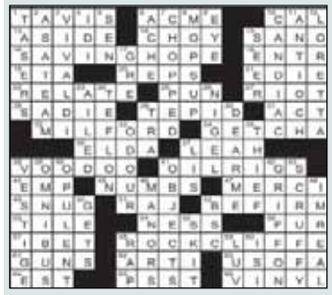
BY KELLY ANN BUCHANAN



Across
1. "The Lion King" (1994) character
6. Sporty Steffi's surname
10. Straw __
13. Anne Murray's "You Needed Me" bit: "I cried _ __..."
14. Prefix meaning 'Rock'
15. Merchandise
16. Corporate shuffle, in brief
17. Celebes buffalo
18. Shangri-la
19. Loggins & Messina tune covered by Anne Murray: 2 wds.
21. 'A' in AD
22. Rock supergr.
23. Sabre with a curved blade
25. Fractures-checking hosp. spot: 2 wds.
29. PayPal co-founder Mr. Musk
30. Hr. parts
31. __-and-tuck
33. Catch
37. Sherbrooke 'student'
39. Avril's Sk8er's gender
41. Saskatchewan town south of Regina
42. "Four Weddings and a Funeral" (1994) director, Mike __
44. Married woman's title
46. Wet __ (Moisture wipes)
47. Money in Oman
49. "Family Ties" clan, The __
51. Private
55. Uniquely-spelled mountain basin
56. __, California (The Bionic Woman's hometown)
57. Ottawa: 7 Rideau Gate... Canada's __ __ for heads of state
62. Carson's successor
63. French for 'the water'
64. Mosaic component
65. Legendary celebrity
66. Gaelic
67. Broadcast again
68. Bus or train, e.g.
69. River of Flanders
70. Paul of "Bewitched"

Down
1. Baby Atlantic Herring, for short
2. Virginia willow
3. Joni Mitchell's "You Turn __ __, I'm a Radio"
4. Mordecai Richler book-turned-movie starring Paul Giamatti: 2 wds.
5. Edmonton neighbourhood
6. 4.0, et al.
7. HGTV Canada jobs
8. Now!: 2 wds.
9. Parcel word
10. "Hmmm... I __ thought of that."
11. Hockey game place
12. Type of opera singer
15. Bit of #19-Across: "And even though __ __ __ __ I'm so in love with you honey..."
20. Bridge
24. Single-meaning prefix
25. Wolverine's mutant buddies
26. Vex
27. All over again
28. __ necklace
32. Cheerleading prop, when doubled
34. Gambling town
35. Prayer sign-off
36. Scholastically succeed
38. Film director Mr. Petri
40. Gall
43. British Columbia city
45. Faith faction
48. Matt of "Today", and surnamesakes
50. Twirling
51. Ancient Greek city-state
52. Remove the movie video
53. Didn't stop, like a sentence: 2 wds.
54. Charter
58. Plaintiff
59. __ Bator, Mongolia
60. Expressed
61. Bronte heroine surname

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		8	6		3	7		
9		6				3	2	
				2	5			
				3	9	4		1
4								2
1		7	8	6				
			7	9				
	7	9				8		4
		2	1		6	5		

Yesterday's Sudoku

8	9	1	5	4	6	3	2	7
2	6	3	7	8	9	5	4	1
5	4	7	1	3	2	9	8	6
9	1	2	4	5	7	8	6	3
3	7	8	9	1	8	2	5	4
4	8	5	6	2	3	7	1	9
7	2	9	8	6	1	4	3	5
1	3	4	2	9	5	6	7	8
6	5	8	3	7	4	1	9	2

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1855 Burrard St.
2338 Cambie St.
2372 West 4th Ave.
2706 Granville St.
2748 Rupert St.
2749 Main St.
3121 West Broadway

Abbotsford
Highstreet Shopping Centre
Sevenoaks Shopping Centre
2140 Sumas Way
32915 South Fraser Way

Aldergrove
26310 Fraser Hwy.

Burnaby
Brentwood Mall
Crystal Mall
Lougheed Town Centre
Metropolis at Metrotown
3855 Henning Dr.
4501 North Rd.
4711 Kingsway

Chilliwack
Cottonwood Mall
Eagle Landing Shopping Centre
7544 Vedder Rd.
45300 Luckakuck Way

Coquitlam
Coquitlam Centre
1071 Austin Ave.
2020 Oxford Connector
2988 Glen Dr.
3000 Lougheed Hwy.

Delta
Scottsdale Centre
1517 56th St.
4841 Delta St.

Langley
Willowbrook Shopping Centre
19638 Fraser Hwy.
20159 88th Ave.
20202 66th Ave.

Maple Ridge
Haney Place Mall
22661 Lougheed Hwy.

Mission
Junction Shopping Centre
32670 Lougheed Hwy.

New Westminster
Royal City Centre

North Vancouver
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Lynn Valley Centre
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Pitt Meadows
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